

Warm Up: Back Day!

- Band Rotator Cuff Activation
- Lock 3 Movements
- "The Stretch"
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)

<u>Alt EMOM:</u> 10 Mins Group A

• :30-45 Bar Hang

Group B

• 6-14/10-18 Cals Rowed

2:00 Rest/Transition

EMOM: 20 Min Cap

Even - Cap @ 80 Reps

- AMRAP Strict Pull Ups
 Odd
- Rest

If Finished \rightarrow Bike @ 50-60%

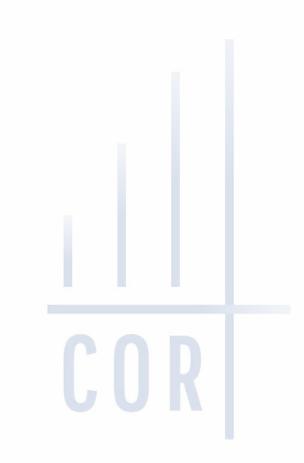
Block 1: 32 mins

T<u>Db S/A Low Row:</u>

- 3-5 Sets w/ 1:00 TOR
- 8-12 Reps @ Max

Trunk Work: R-O-T

- 10 Hip Dips(ea)
- 10 Bird Dogs(ttl)
- 10 Hollow Rocks



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